



Tortellini Caprese Bites

READY IN



167 min.

SERVINGS



12

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 servings basil vinaigrette
- ☐ 9 oz cheese-filled tortellini refrigerated
- ☐ 3 cups grape tomatoes halved
- ☐ 24 oz mozzarella cheese balls fresh
- ☐ 6 inch wooden skewers
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Equipment

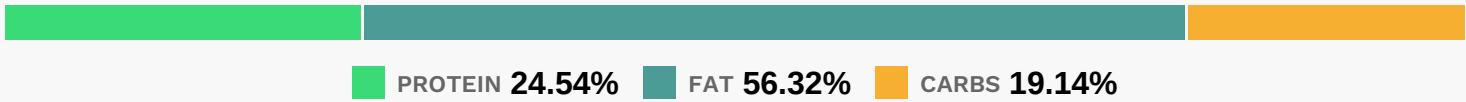
- ☐ baking pan

☐ skewers

Directions

- ☐ Prepare tortellini according to package directions. Rinse under cold running water.
- ☐ Thread 1 tomato half, 1 cheese ball, another tomato half, and 1 tortellini onto each skewer.
- ☐ Place skewers in a 13- x 9-inch baking dish.
- ☐ Pour Basil Vinaigrette over skewers, turning to coat. Cover and chill 2 hours.
- ☐ Transfer skewers to a serving platter, and sprinkle with salt and pepper to taste. Discard any remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:4.61, Inflammation Score:-3, Nutrition Score:3.3439130191084%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 215.04kcal (10.75%), Fat: 14.03g (21.58%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.44g (3.43%), Sugar: 1.58g (1.76%), Cholesterol: 28.49mg (9.5%), Sodium: 134.48mg (5.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.5%), Calcium: 239.82mg (23.98%), Vitamin K: 11.24µg (10.71%), Vitamin A: 415.79IU (8.32%), Vitamin C: 5.46mg (6.62%), Fiber: 1.29g (5.15%), Iron: 0.71mg (3.92%), Manganese: 0.07mg (3.27%), Potassium: 94.18mg (2.69%), Folate: 6.95µg (1.74%), Vitamin B6: 0.03mg (1.65%), Copper: 0.03mg (1.48%), Vitamin E: 0.22mg (1.45%), Magnesium: 5.38mg (1.34%), Vitamin B3: 0.24mg (1.2%), Phosphorus: 10.06mg (1.01%)